

The Pocket Guide to Good Health for Children

Recent Updates

These updates provide new information for sections of your *Pocket Guide to Good Health for Children*. Each update tells which section the update replaces and gives the page number for that section.

Update on Newborn Screening (p. 9)

Required newborn screening tests vary depending on which State you live in. With new scientific discoveries, State newborn screening programs are growing rapidly. A few States screen for more than 30 disorders.

Some common tests check for phenylketonuria (PKU), thyroid disease, and sickle cell disease. If you are pregnant, check with your doctor or local health department about tests required by your State.

Replaces: Common newborn screening tests include those for phenylketonuria (PKU), hypothyroidism, and sickle cell disease.



Agency for Healthcare Research and Quality

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Prevention

Update on Vision and Hearing (p. 12)

Your children's vision should be tested before age 5. Some experts recommend vision testing in infancy. Your children also may need vision tests as they grow.

Many States require newborn hearing screening.

Replaces: Your child's vision should be tested by the age of 5. Your child may also need vision tests as he or she grows. Some experts also recommend hearing testing beginning at 3 to 4 years of age.

Update on Guidelines for a Healthy Diet (p. 19)

Do not give honey or corn syrup to infants during their first year.

Replaces: Do not give honey to infants during the first 12 months of life.

Update on Dental and Oral Health for Babies (p. 21)

If most of your child's nutrition comes from breastfeeding, or if you live in an area with too little fluoride in the drinking water, your child may need fluoride drops or tablets. Ask your child's doctor or your local water department how much fluoride is in your water. Then, ask the doctor whether your child needs fluoride drops or tablets.

Replaces: If most of your child's nutrition comes from breast-feeding, or if you live in an area with too little fluoride in the drinking water (less than .3 ppm for children younger than 2 years, less than .7 ppm for children older than 2 years), your child may need fluoride drops or tablets. Ask your child's doctor or your local water department about the amount of fluoride in your water.

Updates on Safety Guidelines Checklist—Infants and Young Children (p. 24)

Use a rear-facing car seat until your child is at least 1 year old and weighs at least 20 pounds. See update below for information on car seats for older children.

Follows: Use a car seat at all times until your child weighs at least 40 pounds.

Use the right car seat for your vehicle and for your child's weight. Read the car seat and vehicle manufacturer's instructions about installation and use.

Replaces: Car seats must be properly secured in the back seat, preferably in the middle.

Update on Safety Guidelines Checklist—Infants and Young Children (p. 25)

If you use a baby walker, use one that will not fit through a standard doorway or has grippers to stop it at the edge of a step.

Follows: Provide constant supervision for babies using a baby walker. Block access to stairways and to objects that can fall (such as lamps) or cause burns (such as stoves or electric heaters).

Updates on Safety Guidelines Checklist—Older Children (p. 25)

Older children should use car seat belts and sit in the back seat at all times.

Replaces: Use car seat belts at all times.

Children should use a booster seat in the car's back seat starting when they are 4 years old or weigh at least 40 pounds until they are 8 years old or at least 4 feet 9 inches tall.

Replaces: Children should use a car booster seat until they are tall enough so that the lap belt stays on their hips and the shoulder belt crosses their shoulder.

Update on Safety Guidelines Checklist—For All Ages (p. 26)

Post the number for the Poison Control Center (1-800-222-1222) near your phone. Also write it in the space on the “Important Information” form on page 36 of this Pocket Guide. The number is the same in every U. S. location. Do not try to treat poisoning until you have called the Poison Control Center.

Replaces: Keep a bottle of ipecac at home to treat poisoning. Talk with a doctor or the local Poison Control Center before using it. *and* Also, be sure to check the expiration date on the bottle of ipecac to make sure it is still good.

Update on “For More Information” (p. 31)

Dental and Oral Health

Centers for Disease Control and Prevention
U.S. Department of Health and Human Services
<http://www.cdc.gov/OralHealth/pdfs/BrushUpTips.pdf>

Developmental Milestones

Bright Futures Project
Georgetown University
202-784-9556
<http://www.brightfutures.org/TipSheets/index.html>

Lead Poisoning

National Lead Information Center

Environmental Protection Agency

U.S. Department of Health and Human Services

1-800-424-LEAD

<http://www.epa.gov/opptintr/lead/leadinfo.htm>

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

<http://www.cdc.gov/nceh/lead/about/about.htm>

Newborn Screening

Maternal and Child Health Bureau

U.S. Department of Health and Human Services

301-443-2170

[http://mchb.hrsa.gov/programs/genetics/presentations/
NewbornAdvisor.htm](http://mchb.hrsa.gov/programs/genetics/presentations/NewbornAdvisor.htm)

Teen Health

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

<http://www.cdc.gov/health/adolescent.htm>

Add these resources to the list.



AHRQ Pub. No. 04-IP004-C

October 2004